

Clay Community Health Happenings

Nancy Mills, Administrator

July 2012

904-529-2800

WIC Program Works to Increase Breastfeeding Rates

WIC (Women, Infant and Children Nutrition Program) strongly encourages breastfeeding as a way to improve the health of our most precious residents - our babies. While Clay County WIC programs initiation of breastfeeding rates continue to increase and exceed the state averages for all infants (currently at 77.4 % for all infant and 81.5% for African Americans) there is room for improvement. One of WIC goals is to increase the length of time a mom breastfeed their baby. A pilot "Refresher Course" is being developed for prenatal clients who reached 8 months of pregnancy.

Partnering with the Lactation Corner at OPMC, this course will allow peer counselors' to educate mom's about getting off to a good start in the hospital and what to expect in the early weeks of breastfeeding. A nutritionist will discuss types of formula WIC provides and non-contract formula approval procedure. Improving the mom's knowledge about breastfeeding closer to her due date and providing anticipatory guidance will help her make an informed choice about breastfeeding versus offering formula. If the pilot proves successful, this course will become a

routine activity for WIC in the county and is part of the ongoing quality improvement program at the Health Department.

Mosquito Buzzzz



Clay CHD would like to remind residents and visitors to prevent mosquitoes and mosquito bites. Duval County Health Department recently reported the first case of West Nile Virus. Clay County has no confirmed cases at this time and continues enhanced surveillance activities. Mosquitoes and mosquito bite prevention recommendations are:

- ✓ Drain water from garbage cans and any outdoor containers where water has collected
- ✓ Discard items that are outside and not being used, such as old tires, cans, broken appliances
- ✓ Empty and clean birdbaths and pet water bowls at least once or twice weekly
- ✓ Maintain swimming pools by keeping them properly chlorinated and empty plastic swimming pools when not in use
- ✓ Cover skin with clothing or repellent
- ✓ Cover doors and windows with screens. Check regularly to ensure there are no holes and replace as necessary
- ✓ Clothing – wear shoes, socks, long pants and long sleeves when outside

- ✓ Use mosquito repellent according to manufacturer recommendations

Emergency Preparedness Recognition

As local health departments nationwide strive to protect the public from infectious diseases, bioterrorism, natural disasters, and other public health threats, the National Association of County and City Health Officials (NACCHO) has once again recognized Clay County Health Department for its ability to respond to public health emergencies. The five-year recognition was first achieved by the Health Department in 2007.

This recognition comes shortly after the Health Department put its plans into action during the response efforts to the recent tropical storm and flooding in Clay County. "This recognition is an honor, but the true benefit of our continuous planning and training was realized by our citizens during our response to Tropical Storm Debby," said Leigh Wilsey, Preparedness Coordinator for the Health Department. "Generally, public health workers are not seen as first responders, but we are part of the team that works to protect our community. It is nice for our staff to receive recognition for their training and preparation."

The Health Department received a final report of the

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evaluation where peer reviewers stated, "Clay County sets a good example with their detailed planning. They are to be commended for their attention to detail. There were several excellent templates and models, including Epi and Environmental Health protocols, which should be shared with other counties through the NACCHO PPHR toolkit."

Project Public Health Ready (PPHR) is a unique partnership between NACCHO and the Centers for Disease Control and Prevention (CDC) establishing comprehensive benchmarks to evaluate public health response readiness. Local health departments recognized by PPHR undergo a thorough evaluation process by peer reviewers from across the nation. PPHR required Clay County Health Department to meet expectations in three key areas: preparedness planning; workforce competency and demonstration of all-hazards readiness through exercises or a response to a real event. "NACCHO commends Clay County Health Department for being a model of public health emergency preparedness," said Robert Pestronk, Executive Director of NACCHO. "The public health system is making great strides thanks to the good work of leaders in local public health preparedness such as in Clay County."

Whooping Cough Increase

The Florida Department of Health has recently noted an increase in the number of Whooping Cough cases (pertussis) that have been reported in Florida. Clay CHD has reported 3 cases within the past month. Whooping cough is a highly infectious respiratory infection. People of all ages can get this infection. Whooping cough is also known as the "100 day cough". People become infected with the whooping cough bacteria when a person with whooping cough coughs or sneezes.

Infants and children who have not received the routine childhood vaccinations or recommended booster shots are at risk for getting whooping cough. Teens and adults who were fully immunized as children do not have full protection from whooping cough. Experts report that adults are most likely to spread whooping cough to children and infants. The single most effective control measure to prevent getting the infection is vaccination. Infants and children should be vaccinated as recommended.

It is also important for teens and adults to receive a booster shot which is called Tdap. The Tdap will also provide protection against tetanus and meets the requirements of the tetanus booster vaccination.

Sharps Disposal Sites



Approved sharps containers will be accepted at Clay County Health Department Administrative building located at 1305 Idlewild Avenue in Green Cove Springs and at the Bear Run Clinic located at 3229 Bear Run Blvd. in Orange Park. You may take your filled sharps container to the front desk and the receptionist will call for someone to escort you to the biomedical waste disposal bin.

Additionally, the Orange Park Medical Center located at 2001 Kingsley Ave. Orange Park serves as a drop off point. Take your filled sharps container to the back of the hospital at the **Environmental Service** entrance for further instructions.

*These are the only approved sharps container drop off points in the county.

Only one container will be accepted per drop off and one new container will be issued. This service is only for Clay County residents. All professional businesses are regulated under state and Federal Biomedical Waste laws and may not participate.

Call the Clay County Health Department Division of Environmental Health at (904) 529-2840 for more details.